

## TIPS FOR NEW NONSMOKERS

### Consider Updating the Medicine You Take

When you stop smoking your body goes through many changes; your lungs heal and work better, your liver is less stressed from nicotine and works better, your heart has less work to do because it moves blood around your body more easily, the levels of cholesterol and fat in your blood go down which makes your arteries healthier, you heal faster because your blood can deliver important nutrients and minerals to wounds, your blood also has more oxygen which helps muscles become stronger and healthier.

Some of the changes your body goes through when you stop smoking mean that you may need to adjust the medicines you take. **It is very important to tell your doctor that you don't smoke anymore and talk to them about what changes you need to make to the medicines you take.**

Medicines That May Need To Be Adjusted			
You May Need to Take Less of These Medicines			
Drug Name	Brand Name	Use/Type	Possible Reasons
Acetaminophen	Tylenol	Pain reliever; also active ingredient in many other prescription pain relievers	Enzymes in your liver now work better
	Also active in: Percocet, Lortab, Lorcet, Ultracet, Esgic, Fioricet		
Caffeine	Excedrin, BC Powders, Esgic, Fioricet	Pain reliever, stimulant	Your body now metabolizes caffeine more slowly
Imipramine	Tofranil	Antidepressant	
Pentazocine	Talwin	Pain reliever	
Propranolol	Inderal, Innopran XL	Blood Pressure/heart	
Theophylline	Theo-Dur, Slo-Bic,	Breathing/asthma	
Insulin	Humulin, Novalin, Humalog, Novolog, Lantus	Commonly used in diabetics	It is easier for your body to absorb insulin you inject
Adrenergic	Mini-press, Normodyne	Reduce blood pressure and treats BPH (Enlarged prostate)	Your body now produces less adrenaline, norepinephrine, and dopamine
Antagonists	Trandate, Hytrin, (Prazosin or Labetalol)		

